

Mark Fitzgearld Journal February 2013  
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Hi. I was diagnosed with Multiple Sclerosis in 2007. At first it was just double vision and that kept my doctors guessing for a very long time. I had a lot of blood work. Round up the usual suspects. I don't have diabetes.

There was good insurance from work so I wasn't scraping for money while waiting for social security. I needed a lawyer because they turned me down at first. That was money well spent. It was a couple of years before social security came so I got a very big check and I was able to pay off the cars and the trailer.

Then I saw this movie "My Left Foot" a boy named Christy Brown was born with Muscular Dystrophy and he learned to walk with his left foot. I used to write novels so I started typing again three paragraphs. I even had a podcast called Ferris Walk. I would read three paragraphs into an mp3 then upload it to the free podcast site. I did that for a year. Then I uploaded them to public domain archives. I wrote some other things and put them up in public domain archives. I like it because it's free.

Since then my ms got a lot worse and I am having to depend on my wife more. I'm looking into wheel chairs. I miss writing so I thought I would try a journal

2-7-2013

I have physical therapy today. The exercises seem like they would have been easy but they are a big challenge for me now am I that bad off? Last month I fell on my face a lot and now I have a walker. I don't fall now. My wife challenged me to post one nice thing in Facebook every day. I guess I come across as negative. I do believe in God and my spirits are high. I'm just learning to live with less. I used to think that getting old could wait. I'm 46.

I had double vision and I used to drive a semi. My career was over but I was in good spirits. Everything changed when I started falling.

I tried the shots for MS but I got worse so I'm looking into this new pill Gilenya. The doctor said it won't make me better but just stop it from getting worse.

I miss writing so I hope I can keep up with this journal.

2 8 12

last month I fell a lot. I was on the bathroom floor and I had to slither on the floor to the living room and I had to pull myself up in the recliner. The next day, my wife found me a walker at good will. I haven't fell since.

After falling, I saw my doctor and physical therapy. There is a new pill for MS, Gilenya. It is expensive and I had to take some tests. Well I had the blood test and an MRI so I am just waiting for results.

Yesterday, I had physical therapy. I did some things around the house so I was week I need to rest up so I can do the exercises there. She gave me exorcizes to do at home so i'll get on them when I get off the computer.

In the mornings I run to the toilet then take out the dogs then get myself a bowl of cereal with soy milk. And I smoke my pipe outside. My wife challenged my to post something positive every day. I guess I have been too negative. Well today I ever made coffee and I didn't even use the walker. I am having a good day.

2 9 13

Had a good morning. Made coffee and did my exercises the gave me in physical therapy. I haven't needed my walker. There's lots of drama with the wife. She likes to yell. Like the times I fell and she yelled at me for being in the way as I was sprawled on the floor. I know I should not type when I'm angry I get a poison pen. I tell her I want a divorce when she yells at me and she says it's the only time I listen to her. Oh well.

2 10 12

I'm getting around the trailer with out my walker. Having a good day today. I'm getting a round the trailer with out my walker. I even made coffee. I an typing with one finger and making lots of mistakes.  
delete delete

2 11 13

I'm getting around the trailer today without my walker. I made coffee and the wife went to church. I guess I could have gone with her but it means changing my cloths and taking a shower. I can't lift my legs to well so stepping over the tub and into the shower then getting dressed is not anything I look forward to.

She did mention that she wants me to shower today. Good thing that she managed to wash some of my clothes.

I still have my exercises to do and my positive post on facebook. It can wait. Later today, I needed the walker an I am glad my recliner is still there. I just got weak in the legs. I will try to rest up. My arms are weak and my hand are numb. I just have to live with less.

2 12 13

Got a long without the walker and I confess that I am a smoker. Years ago I quit smoking cigarettes and I started cigars and a pipe. I did quit smoking inside and I just hope for good weather. My wife doesn't smoke any more so I only smoke outside now.

I don't need the walker inside the trailer and it was only last month that I fell and was slithering down the hall to my recliner. I saw my neurologist and started physical therapy.

I got along without the walker today. Tomorrow I get to go to physical therapy. I am not looking forward to the shower and the hassle of getting dressed. I have trouble lifting my legs and getting my legs in the pants legs. Stepping into the tub is also a challenge. I am not afraid of falling any more. I'm walking better. And I do my exercises.

After falling that month, I went to my neurologist and got physical therapy. I confess that I am a smoker. My wife and I quit smoking a couple years ago but I started up again with cigars and a tobacco pipe. I only smoke outside now.

I do talk to my imaginary friends and they cheer me on. When I fell, I told myself it wasn't the end of the world and it will blow over. I was right. I got better and the world didn't end



I had a good day today. I went to physical therapy and I usually need to be wheeled out to the car in a wheelchair. I made it with the walker. I am a lot better.

My invisible friends keep me company and they cheer for me when I don't need the walker and yes I took my pill today.

My parents called and said they might come up here this winter. My mom is the first person I call when something happens. I got to give them good news this week. One thing about bad news. You can usually wait a bit and then you can give good news. My attitude is that it will blow over.

Didn't use the walker this morning. I named it R2D2. I had cereal for breakfast and took the dogs out. Then I made coffee. The wife took her kid to college and they will be gone all day. I will probably put some music on and listen to it all day. It's nice to have the time alone. The dogs keep me company.

When I was young, my church had a good youth group and I am still friends with a lot of people I knew then. Chit chatting with them melts the years away. Was I ever that young?

I like to write so this journal is what I came up with. I would write little stories about my imaginary friends and wait for payday to refill my anti-psychotic pills. Today on the Bofo Show they cheered me on as I made my way around the trailer without my walker.

Guess I will see who is up for some chit chat and put on some music

2 14 13

Well another day and I'm walking around the trailer without my walker. I even had some coffee and ii put on some music. I get to go back to physical therapy. My hands still don't work right and I have a limp inn my left leg. I also have trouble with my vision.

I got better walking and I haven't fallen since I got the walker. Ii just kept telling myself that it would blow over. Well it did blow over. The world didn't end. I am walking better. I guess I can wait on the wheelchair. The coffee was good and now I get to post something good on facebook.

2 15 13

Went to physical therapy yesterday. I am getting better by leaps and bounds. When I was done before the would push me out to the car in a wheelchair. Not this time tho.

For valentines day the wife and I went to church. The church is big and has a lot of things. I was thinking about going on Thursday nights. It would be a good way to meet people and it would get me out of the house.

Yes, I am a christian. I was baptized baptist but there aren't many of them in this little pocket in Pennsylvania. There were fifteen people in the church my wife and I were going to.

Off topic, things I look forward to, writing my journal, and listening to music. Sometimes, I get asked about the things I do now that I am on disability. I miss truck driving. The money was good and I was in a different town every day. I kind of felt like I was living like a gypsy.

So here I sit. The sink is full of dirty dishes but still find strength to go outside and smoke my pipe. My wife thinks that I should be able to do chores like laundry if I can smoke. She is hard on me like that time I fell and she told me to get out of her way. Then she posted it all on facebook. I started getting messages from her friends and family. They didn't like the way sh was treating me and she blamed me for not exercising. My mom sent me fifty dollars for my birthday and she took it. Tomorrow I turn forty-seven. I stay married to her because I was divorced three times. This time I am trying the bible. God's big love just might be what the situation needs.

2 17 13

Happy birthday to me. I'm 47 today. Made some coffee, took the dogs out and I drug my walker out in case I need it again. I haven't fallen in a couple weeks and I have several weeks of physical therapy to go. I am getting better.

I talk to my mother often. She sent money but my wife took it. I knew she would. Lord give me grace. I try not to write mean things about my wife and I realize that venting my hostility never solves any thing. I should just rise above it and only say positive things.

I know that negative thoughts only invite negative action and positive thoughts invite positive action so I will say I love my wife unconditionally. She has lots of good points. I don't plan to leave her so I'll shut up about her. I am having a good day. Life gets better with attitude. Nice to know that my psychology classes weren't wasted. I can help myself.

2 18 13

The coffee maker quit working so I put a filter with coffee in a cup then I put it in the microwave. I have been having a good ms day. I even did dishes yesterday and it was better weather when I stepped out for a smoke.

I haven't needed my walker. The dog wants out. Sorry so short. Well I follow wrestling on television and a few other shows and I listen to music a lot. I have a good music library and I have a phone app that plays my music library. I have had the same earphones a long time. I ordered lots from china. Now and then somebody will ask me for some. People know that I like to stock up on things.

2 19 13

Well, went shopping with the wife. We are out of money and payday is tomorrow so the wife had me write a check hoping that it won't go through until payday. She does this every month. I just put up with her. My idea is to put one thousand in the bank for dry spells but she would rather spend it all then write a check before payday.

Well we went shopping and I started out just using a cane then I had to go get a cart to use as a walker. When I got home, I needed the walker.

Then she wanted me to make her dinner. I started the burgers then ii couldn't finish them, she said that if I have enough energy to smoke my pipe outside then I can make her dinner. I couldn't finish her dinner but she yelled at me for grabbing my computer to type.

2 20 13

As far as my ms, I'm getting around today without my walker. Yesterday was a trip to the store that had me grabbing the walker for balance the rest of the day. I had to reschedule my physical therapy.

The weather is better so I stepped out to smoke my pipe and I took the dogs out. The sleep in bed with us but the pee on the bed so they will have to sleep in the cage at night for a while. I can count on having to wash the covers every week.

Well my cards are here. I misplaced my wallet and called inn for replacement cards. The wallet turned up and I misplaced the cards that came in the mail. The cards turned up today. Back in the wallet they go.



2 21 13

I had a good day yesterday. We went out to eat and I just used my cane. We stopped and got the mail. There was a letter for me from my insurance. They approved a new treatment for me called Gilanya. It's a pill for ms. The doctor said it won't make me better but it can stop it from getting worse.

The coffee maker quit but I do have instant coffee. There's enough for tomorrow. Well, the wife has spent all the money already and we just got our disability pay yesterday. She wants to get another payday loan. We already owe them eight hundred dollars. I just nod and tell her OK. At least she doesn't surprise me with it.

So I put in my earphones and put on some music. A lot can happen.

2 22 13

Yesterday, I had physical therapy. Today I can hardly move. There's a song playing in my head. Don't give up.

Went to the library yesterday and sat there waiting for my wife. Good thing I had my watch. I got the watch on eBay from china. It plays mp3 and movies. I had a hard time watching the movie but I could hear it. Then we went shopping. I had to use a cart for a walker. She did find a coffee maker. It's red and makes one cup at a time. I only drink one cup at a time.

What to do? I guess I will just put in the earphones and listen to the 40's. I like 40's music. It reminds me of my grand mother. She just turned 100 years old. She was married 8 times. She had a collection of old records she would let me listen to.

Pam called around. The treatment I was looking forward to cost too much. Oh well.

I haven't needed my walker. Made some coffee, had some cereal, the weather is nice enough to smoke my pipe outside. The wife left early so I have the place to myself life is good. So the question comes up, what does a guy on disability do with his time? I type some in a journal even tho I can only type with one finger these days, I listen to music on my Iphone. I try to find an old friend to chat or text with I love public domain archives and I have a lot of things uploaded there. Songs I recorded before multiple sclerosis made my hands weak and numb are all there. I like it because it's free. There is also my free podcast. Ferrit Walk. I did it for a year and now I just type my journal.

So I ask myself what now, what's next? I have no idea but this journal Is a nice outlet. I told myself I needed a hobby. Well, here it is.

I have my coffee and my lap dogs. Life is good. I am getting around the trailer without my walker. I was really scared when I felt that I would stay crippled and would need a wheelchair but I got better.

My wife Pam went to church today and I watched it on my phone. Things are a lot different then they were ten years ago. Computers an phones have come a long way.

In the year 2000, I bought my first laptop computer. I also bought my first cell phone. The phone was prepaid andmy computer took a card that would let me get on truck stop wifi. I found chat rooms to meet people. That's how I met my wife Pam. Then I wold take my music CD collection and copy them to my computer. I had a FM transmitter that I could plug into my computer so I could listen to my music over the truck radio. Now I am home on disability. I have a phone app that can stream my music collection to my phone. I miss truck driving.

Well I think I will wrap this up. I am having computer issues and I would lose all my files so thank you for reading.